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Jay-Bey

Winnipeg was crazy in love for Beyoncé — oh, and Jay-Z, too — at Investors Group Field Sunday night for their On The Run Tour. Check out our review on metronews.ca/winnipeg



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Sell golf courses to fund road repairs, Steeves says

Plan to raise \$100M.
Mayoral candidate says selling golf courses could lead to millions for road repair



BERNICE PONTANILLA

bernice.pontanilla@metronews.ca

A former councillor now running for mayor is proposing selling four city golf courses in order to raise \$100 million for road repairs.

Gord Steeves made his announcement on Friday at a busy Ellice Avenue intersection, currently undergoing repairs, to highlight the stark choice facing Winnipeggers.

"Every person that I talk to, and I know every person that every other candidate in this election talks to ... is hearing one thing at the

doors, and that is infrastructure renewal," said Steeves, who's proposing the sale of Crescent Drive, Windsor Park and Kildonan Park golf courses.

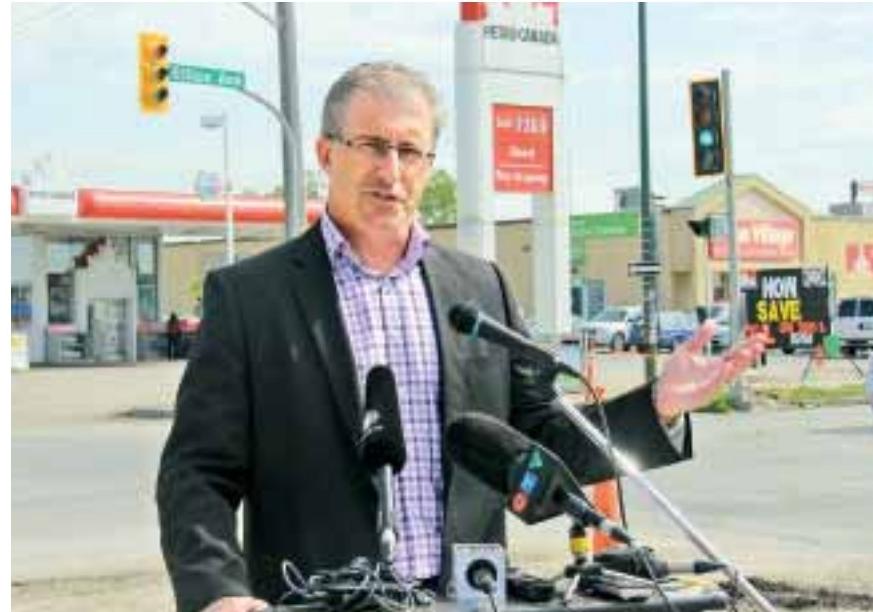
The City of Winnipeg has already put the fourth course, John Blumberg, on the market.

Steeves said citizens and elected leaders must decide whether golf is a core city service.

"Never has council looked at this issue in the reality of we are going to move this land to fix infrastructure," he said.

"That is the choice that is going to be put squarely before council, and council is going to have to choose, and I've already made my choice."

Steeves says his plan would see redevelopment of these lands and, he argues, TIF (tax incremental financing) revenue that the city could use in the future.



Mayoral candidate Gord Steeves said the money generated by divesting and redeveloping four golf courses means \$100 million for a Core Road and Infrastructure Renewal Fund. BERNICE PONTANILLA/METRO

Ouellette proposes lowering voting age to 16



Robert Falcon Ouellette and supporter Malcolm Bird. BERNICE PONTANILLA/METRO

The Winnipeg academic running for mayor is making an appeal to voters who can't quite vote yet.

Robert Falcon Ouellette, 37, took to a St. Boniface park on Friday to announce measures that would make the Manitoba capital more child- and family-friendly, including the lowering of the municipal voting age to 16.

"We see declining num-

bers of people voting in Western democracies around the world," he said during a news conference at Provencher Park.

"If that child then starts voting at 16, perhaps at 35 they'll be voting. Most civic elections ... we have 37 per cent (participation). I think that is a terrible indicator of the level of participation of our citizens."

In addition to the voting age, Ouellette proposed building four new aquatic centres, one in each quadrant of the city, at a cost of \$15 million. According to his numbers, it would be \$1.43 apiece for 699,346 Winnipeggers over 15 years.

"This is long-term city planning," said Ouellette, adding city experts would make the final decision on

where to place these centres, including possibly attached to schools or rec centres.

Ouellette would also provide free transit for children under 12 who are accompanied by a fee-paying adult, improve the city's cycling routes and lobby the provincial government for more childcare spaces.

BERNICE PONTANILLA/METRO

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Shaun Mayberry of Mayberry Fine Art stands next to Ivan Eyre's 1972 painting Green Ledge. The Exchange District gallery is holding a free day of appraisals Thursday. SHANE GIBSON/METRO

Is priceless art hiding in your attic? Find out

Fine Art. Specialists will be on hand to provide information on art

 SHANE GIBSON
shane.gibson@metronews.ca

Think you've got a priceless work of art collecting dust in the basement?

Mayberry Fine Art is giving Winnipeggers the chance to speak to experts and find out exactly how much that painting in the attic is worth with an

Antiques Roadshow-inspired open house next week.

"We'll be providing information regarding the auction evaluation and even the private sale possible evaluation," explained Consignor Canadian Fine Arts president Rob Cowley, one of two specialists travelling from the Toronto-based online auction house to help Mayberry's Shaun Mayberry with the appraisals.

"We've had many stories where an individual brings in a piece of art. They're not really sure what they have, and it turns out to be something of value."

Cowley said he was able to

tell someone that the painting they brought to a similar event last May was an original piece by Canadian artist William Kurelek, and could fetch as much as \$20,000 at auction.

"It does happen," said Cowley, adding the piece will go up for auction on consignor.ca in November.

The free open house will be held Thursday at Mayberry Fine Art at 212 McDermot Ave. from 10 a.m. to 5 p.m.

While the specialists will work to accommodate walk-ins, those looking to have art appraised are asked to set up an appointment beforehand by emailing info@consignor.ca.



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Province soon will make beer 'growlers' available

Growlers — the large refillable glass jugs already available for beer fans in Ontario, Alberta and other provinces — are coming to Manitoba.

The Manitoba Liquor and Lotteries Corporation is in the process of buying equipment for self-serve beer-filling stations, complete with growlers, as part of a pilot project to gauge interest.

"We expect that we will likely launch them, hopefully this fall, in a very few select pilot locations in the province," corporation spokeswoman Andrea Kowal said Friday.

Some craft breweries are also planning to get in on the action. Half Pints Brewing in Winnipeg says growlers, usually 1.9 litres in size, are a great way for customers to bring home freshly poured suds, and try out new varieties.

"It gives us the opportunity to do one-off batches

of different recipes that we've never tried before ... and (customers) can let us know what they think," said Amanda Hewitt, office co-ordinator with Half Pints.

The change is part of an ongoing overhaul of Manitoba liquor regulations and is aimed at helping small craft breweries thrive. Recent amendments have made it easier for brew pubs to get licensed, and to offer samples at events such as farmers markets.

The province has loosened restrictions for other licensed establishments. There are fewer rules on food-to-alcohol sales ratios at restaurants. Bar hours have been expanded, and alcohol can now be had at

spas and hairdressers.

The lobby group Restaurants Canada welcomed the growlers idea, but said there are unanswered questions as to whether microbreweries and brew pubs will be allowed to sell major-label beer as well.

"Are they going to be restricted to selling their own product ... and if not, why couldn't a restaurant, lounge or other licensee provide the same service?" asked spokesman Dwayne Marling.

THE CANADIAN PRESS



HANDOUT

TODAY IS TERRY FOX'S BIRTHDAY, SO MAKE IT COUNT



WHAT'S GOOD
Ace Burpee
winnipeg@metronews.ca

Let me say this for the 11 millionth time: Terry Fox is the greatest. Terry Fox was born on this day, in Winnipeg. He would have been 56.

Last year, the annual Terry Fox Run was on the verge of being cancelled in his place of birth, as nobody came forward to organize the run. After quickly finding willing and selfless volunteers, we not only saved the run, but ended up making it one of the biggest ever. We, at the very least,

owed his family that much.

The Terry Fox Run is Sunday, Sept. 14 in Assiniboine Park. Write it on your calendar or put it in your phone, and come celebrate the life and legacy of one of our greatest.

Also, as it is his birthday today, text "terryfox" to 45678 and you will have, in roughly 30 seconds, donated \$5 to the Terry Fox Foundation. See you on Sept. 14.

ACE BURPEE IS A LOCAL WRITER, RADIO SHOW HOST, PRODUCER AND SUPPORTER OF ALL THINGS GOOD

Israel, Hamas exchange fire during temporary truce time

Gaza crisis. Each side blaming the other for scuttling ceasefire efforts ahead of Muslim holiday marking end of Ramadan

Israel and Hamas launched new attacks Sunday in the raging Gaza war, despite each side offering different truces to temporarily halt nearly three weeks of fighting ahead of a major Muslim holiday.

After initially rejecting an Israeli offer Saturday for a 24-hour truce, Hamas said Sunday it agreed to hold fire ahead of the Eid al-Fitr holiday marking the end of the Muslim fasting month of Ramadan. But as Israel's Cabinet met to discuss the offer and the ongoing war, rockets



A Palestinian doctor treats three-day-old Shaymaa al-Sheikh Ali at Nasser Hospital in the Gaza Strip Sunday. The baby's mother, who was killed by shrapnel from an airstrike, posthumously gave birth by C-section. EYAD Baba/The Associated Press

rained down on southern Israel and Israeli strikes could be heard in Gaza.

Each side blamed the other

for scuttling the efforts.

Hamas said that "due to the lack of commitment" by Israel, it resumed its fire. Is-



Warrant Officer Rami Cahlon's brother cries over his grave during a funeral in Hadera, Israel, Sunday. Cahlon was injured during fighting in Gaza and died four days later. Oded Balilty/The Associated Press

raeli Prime Minister Benjamin Netanyahu said that Hamas showed it could not be trusted after it violated other cease-

fire efforts.

"Israel is not obliged and is not going to let a terrorist organization decide when it's

convenient to fire at our cities, at our people, and when it's not," Netanyahu told Fox News Sunday.

International diplomats had hoped a temporary lull could be expanded into a more sustainable truce to end the bloodshed and UN chief Ban Ki-moon urged the sides on Sunday to accept a 24-hour break in fighting.

The 20-day war has killed more than 1,030 Palestinians, mainly civilians, according to Palestinian health officials. Israel has lost 43 soldiers, while two Israeli civilians and a Thai worker were killed by rocket and mortar attacks from Gaza.

Each side remains far apart on terms for a final ceasefire. Hamas has demanded that a crippling blockade of Gaza be lifted and Israel has asked that Gaza be demilitarized.

THE ASSOCIATED PRESS

Prisons

High-risk inmates to test electronic monitoring device

High-risk offenders in Ontario and Quebec are among inmates slated to take part in a federal prison service pilot project to test the effective-

ness of electronic monitoring devices.

Data will be collected for at least two years before a decision is taken on further use of the devices, to be worn by offenders completing sentences in the community.

Only medium- or high-risk male offenders out on statutory release or subject to a long-term supervision order

will be eligible to take part in the pilot, says a September 2013 Correctional Service memo to regional deputy commissioners.

The Ontario and Quebec regions were selected because they have the largest number of high-risk offenders with special conditions imposed on their release, adds the memo.

THE CANADIAN PRESS

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The vast majority of claims filed by Indian residential school survivors seeking extra compensation for medical injuries are for hearing loss, respiratory illnesses and broken bones.

The Indian Residential Schools Adjudication Secretariat — an independent body which helps resolve long-standing claims that address specific abuse of survivors — says just over 1,000 medical assessments completed so far focus primarily on ear, nose and throat ailments, as well as broken bones.

Marie Wilson, commissioner for the Truth and Reconciliation Commission, said lasting injuries are not surprising, given the way residential school students were treated.

"We have had many, many people talk to us about the physicality of the punishment, which often was a cuff on the ear or being pulled by the ear or being dragged across the room by the ear," she said in an interview.

"People talked to us about hearing loss that came with being whacked at the side of the head. That seemed to have been something that happened on a very common basis at some of the institutions," she said.

"There were a number of

Proposals

A request for proposals put out by the secretariat says 60 per cent of the assessments involve the ears, nose and throat, while 21 per cent involve orthopedics. Secretariat spokesman Michael Tansey confirmed the figures, but said no one could comment further on the nature of the claims.

accounts of children being very severely physically treated, including sometimes being thrown downstairs or shoved downstairs."

About 150,000 First Nations, Inuit and Metis children were taken from their families and forced to attend the government schools over much of the last century to "take the Indian out of the child." The last school closed outside Regina in 1996.

The federal government formalized a \$1.9-billion compensation package for former residential school students that offers a base payment. Those who experienced sexual or physical abuse can pursue additional compensation through

the independent secretariat.

Unlike testimony given to the Truth and Reconciliation Commission, secretariat hearings are strictly confidential. An Ontario judge is mulling over whether that private testimony should be destroyed once a claim is paid out.

Many of the former students who testified before the commission talked about being exposed to the elements without proper clothing, which could explain some of the injuries, Wilson said. Some students had extreme frostbite, inflamed ears and bleeding from the ears as a result of their exposure, she said.

"Many children talked to us about being extremely cold, being underdressed, trying to get back into the school, the doors being locked and not being allowed back in until the designated recess or lunch time was over."

Because Canada has taken so long to address this part of its history, survivors with a claim are aging. There's now a debate over whether their medical condition is the result of a childhood injury received at a residential school or just part of aging, Wilson said.

THE CANADIAN PRESS

Harper's vision: Less on feminists, more on wars

Thérèse Casgrain award mothballed.

First female leader of a political party

The Harper government has spent millions to commemorate the War of 1812 and other episodes from Canadian history, but has also erased at least one inspiring piece of the past.

Thérèse Casgrain, a feminist icon and Quebec heroine who died in 1981, has been quietly removed from a national honour, to be replaced by a volunteer award bearing the prime minister's banner.

The Thérèse Casgrain Volunteer Award was started in 1982 by the Liberal government of Pierre Trudeau.

It honoured Canadian activists such as June Callwood until it was eliminated — unannounced — by the Harper government in 2010.

An image of Casgrain and her namesake volunteer award medal also disappeared from Canada's \$50 bank note in 2012, replaced by the image of an icebreaker on a new currency series.

An image of the so-called Famous Five women was re-

moved from the same bank note.

"It was a very difficult thing for the family to see the award disappear all of a sudden," Michele Nadeau, Casgrain's granddaughter, said in an interview. "It was a great disappointment."

Human Resources and Skills Development Canada, which had administered the Casgrain award, was instructed in 2010 to create a Prime Minister's Volunteer Award in its place, to be handed out in a ceremony each year presided over by Stephen Harper.

Casgrain fought for the right of Quebec women to vote, which they finally won in 1940. She also became the first female leader of a political party in Canada, heading the CCF in Quebec, and was appointed to the Senate in 1970 by Trudeau.

Pierre Nolet, a spokesman for Employment and Social Development Canada, says discussions took place with the Casgrain Foundation and it was decided that Human Resources and Skills Development Canada end the program.

Nadeau, however, says her family and the Montreal-based Thérèse Casgrain Foundation, which she heads, were not



Michele Nadeau, president of the Thérèse Casgrain Foundation, holds a replica of a stamp depicting her grandmother Thérèse Casgrain in Montreal on Friday. GRAHAM HUGHES/THE CANADIAN PRESS

consulted.

The Casgrain Award was killed once before by the Progressive Conservative government of Brian Mulroney in 1990, but was revived in 2001 by the Chrétien Liberals.

THE CANADIAN PRESS

Cable snaps

Two hurt on Ohio amusement ride

An Ohio amusement park ride that swings riders up to 125 feet in the air has been closed indefinitely after a cable snapped, injuring two visitors.

Cedar Point spokesman Bryan Edwards says a cable on the Skyhawk ride disconnected at about 10 p.m. Saturday. One guest went to a hospital for evaluation, while the other was treated at the scene.

It wasn't clear whether the two guests had been riding Skyhawk when they were injured or whether they were on the ground. Skyhawk has two giant arms that swing riders at speeds of up to 60 m.p.h.

Edwards says Skyhawk will remain closed until an investigation into the cause of the accident is completed.

THE ASSOCIATED PRESS

Times Square

'Spider-Man' arrested for slugging cop

A man dressed as Spider-Man was arrested on charges he slugged a police officer who told him to stop harassing tourists in Times Square.

Junior Bishop, 25, of Brooklyn, was charged with assaulting an officer, resisting arrest and criminal mischief.

The New York Police Department said the officer assaulted Saturday — one of about 50 officers patrolling the bustling tourist area — stepped in after Bishop demanded at least \$5 from a woman he posed for a picture with, instead of the \$1 tip she offered.

Police said a costumed Bishop "put out his hand and told the woman 5s, 10s or 20s only." Police said the officer told him he could only accept tips.

THE ASSOCIATED PRESS

Second amendment. Judge strikes down D.C.'s ban on carrying handguns

A federal judge struck down the U.S. capital's ban on carrying guns outside of a person's home, concluding it violates constitutional rights.

The ruling from U.S. District Judge Frederick J. Scullin is the latest in a protracted fight over gun laws in Washington, D.C. In 2008, the U.S. Supreme Court issued a landmark decision striking down the city's 32-year-old ban on handguns. Since then, the city has rewritten its laws, lawsuits have been filed and even Congress has waded into the fight.

In a decision made public Saturday, Scullin concluded that the Second Amendment gives people the right to carry a gun outside the home for self-defence. He cited two U.S. Supreme Court cases as important to his ruling — the 2008 opinion striking down the District of Columbia's ban and a 2010 ruling involving Chicago's handgun ban. The Second Amendment of the U.S. Constitution guarantees the right "to keep and bear Arms."

"There is no longer any basis on which this court can conclude that the District of Columbia's total ban on the public carrying of ready-to-use handguns outside the home is constitutional under any level of scrutiny," wrote Scullin, who was appointed by President George H.W. Bush and is a retired Army colonel.

The city rewrote its rules after the 2008 Supreme Court decision. Residents were required to register their guns and keep them in their homes. Gun owners also have to take a safety class, be photographed and fingerprinted, and re-register their weapons every three years. Those requirements were challenged in court but upheld by a federal judge in May.

THE ASSOCIATED PRESS

An advertisement for "Transit Tuesday". It features a man and a woman looking at a copy of the Metro newspaper. The newspaper cover is visible, showing a headline about transit. The background shows a blurred view of a train window.

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Singin' the (financial) summertime blues



HOW TO ROLL
Alison Griffiths
metronews.ca

Oh those summertime blues! There's something about being halfway through the sunny season that makes us sag. All those warm weather projects you dreamed up in rainy April are on the shelf. Here are four financial boohoo's for July.

1. Employment

The jobless rate hit 7.1 per cent, putting us on par with the United States. However, our neighbours to the south saw a year-over-year decline of 1.4 per cent in the unemployment rate.

Worse, the student unemployment rate is 12 per cent, unhealthily high for all those hoping to finish post-secondary studies without a mammoth student debt.

Even worse, youth unemployment (for those under

Just the stats

\$36

A basic, light-use cellphone plan cost \$31 in 2013 in Canada. Today's cost: \$36 (not including taxes, access fees, etc.).
Source: The Wall Report

25 and not in school) is stuck at 13.4 per cent. That's bad news for parents hoping to use their basements for something other than storing their jobless offspring.

2. The economy

Growing at a snail's pace, in short. On an annualized basis, growth as defined by GDP (gross domestic product) in July was a meagre two per cent. For the likes of you and me, that means continued high unemployment particularly among the under-35 crowd. But as the economy slumps, prices do not. Inflation topped 2.4 per cent in July, again on an annualized

basis. How unfair!

3. Interest rates

While some will cheer four years and counting with the prime rate firmly rooted at a historically low three per cent, I will play the Gloomy Gus. Ultra-low rates are actually keeping first-time buyers out of the market as real estate prices nationally keep rising in most major markets.

Also, low rates are a killer for seniors and fixed-income investors. Desperate for income, many are turning to stocks and equity mutual funds to boost their returns. This is a terrible idea because such investments are far riskier.

4. Cellphone hit

Yay! Cellphone contracts are now capped at two years. Boo! In response, the wireless cabal is increasing basic rates. I call that giving with one hand and taking with the other.



'Dumpcano,' and the budget fight to quench it, rages on

A stubborn dump fire smoulders away in Iqaluit, Nunavut, in this aerial view taken by fire officials on May 23. Although no flames are visible, the fire began May 20 and has been smouldering ever since. Government officials are to meet this week to consider a plan for putting out the fire that has been fouling the air in Nunavut's capital for more than two months. The city of Iqaluit just doesn't have the \$2.2 million it would take to quench the blaze and its nostril-searing smoke, said fire chief Luc Grandmaison. "We're asking them (the territory) to help us with resources." The fire has been dubbed the "dumpcano" — a term Grandmaison regrets having coined, because he feels it belittles the seriousness of the situation.

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THE CANADIAN PRESS

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Loblaw. Selling green goods for 25 years brings in the green for grocery giant

When Loblaw decided to start selling environment-friendly products 25 years ago, the word "green" had barely evolved from being a colour description.

The grocery giant was the first major Canadian retailer to showcase a line of green-branded products and wasn't completely confident customers would be willing to pay more to save the planet.

Even the man spearheading the initiative, folksy pitchman Dave Nichol, wouldn't have considered himself a bona fide tree hugger.

"Dave used to ask me why I was wasting my bloody time ... trying to save the bloody planet," said Paul Uy, who worked with Nichol to launch President's Choice G.R.E.E.N. in June 1989. Nichol died last year at age 73.

"But right from the get-go, he had believed that the market, therefore the consumer, was ready for a game change in terms of having the ability to make a difference."

Nathalie St-Pierre, of the

1989

Loblaw launched a line of green-branded products, President's Choice G.R.E.E.N., in June 1989.

Retail Council of Canada, said the appetite for eco-friendly products has grown in the past few decades, with consumers now demanding choices that can lessen their impact on the earth.

"Consumers are concerned," said St-Pierre, the group's vice-president for sustainability in Quebec. "They want to buy green."

Consumers are also taking on a more holistic view about what it means to be green.

For instance, some consumers see buying local or organic food and items with less packaging as another way to help the planet.

Even though consumers may still want to shop green, they also expect retailers to be able to provide products at comparable prices to competing non-green brands.

THE CANADIAN PRESS

Minimum wage in U.S.

Workers add civil disobedience in bid to get \$15/hr

Comparing their campaign to the civil rights movement, fast-food workers from across America voted Saturday to escalate their efforts for \$15-an-hour pay and union membership to include non-violent civil disobedience.

More than 1,300 workers gathered in a convention centre in suburban Chicago to discuss the future of a campaign that has spread to dozens of cities in less than two years. Wearing T-shirts that said "Fight for \$15" and "We Are Worth More," the workers cheered loudly and said they would win if they stuck together.

"People are just fed up," said Cindy Enriquez, 20, of Phoenix.

The \$8.25 US an hour she makes working for McDonald's is not enough to go to college and become a police officer and barely enough to pay her rent, Enriquez said.

"We need to ... get (restaurant owners') attention," perhaps with more strikes or blocking stores, she said. "We're going to keep on going." THE ASSOCIATED PRESS

KEEP ON FOOD TRUCKIN', 'PEG

One of the great urban success stories in recent years in Winnipeg has been the growth of the food truck scene.

Beyond smokies and fries, office workers in areas like Broadway or the Exchange District are now greeted with a Folklorama's worth of food choices just outside their door. From tacos to wings, falafel, wood-fired pizzas, Filipino rice dishes, sushi, corn on the cob, barbecue pork and pickerel sandwiches, the variety is impressive.

Even more impressive is that all this happened largely without any government involvement or interference. It was thanks to the efforts of an innovative group of food entrepreneurs who picked up on the street-eats trend that emerged from places like Los Angeles and Portland over the past decade. So now that we have the makings of something great, what can be done to feed further growth of the street food movement? That's one of the driving fac-



URBAN COMPASS
Colin Fast
winnipeg@metronews.ca

tors behind a new trade association that hopes to establish a unified voice for food truck operators in dealing with the public and the government.

By next summer, the Winnipeg Food Truck Alliance/Association (WFTA) will have a website that maps each truck's daily location and provides a central booking service for catering. "We're going to make life a lot easier for event planners," promised Jordan Zwingerman, owner of Stuff It Foods and one of the WFTA's organizers.

One of the other areas of focus for the WFTA will be to improve locations for food truck operators. Right now, they make a mad dash first thing in the morning for spaces in popular areas like Broadway. The city could bring a little order to the process by simply reserving spots for food vendors during the summer months. "Operators would love to pay a flat monthly parking rate instead of constantly plugging the meter, and the city would benefit from collecting

money rain or shine," according to Zwingerman.

The city and building owners could also make small investments — like more seating or installing electrical service for rent — to help improve the street dining experience in popular areas. "We don't like using noisy generators, either, but we usually have no other solution," explained Zwingerman.

Zwingerman suggests Winnipeg could even look at establishing designated food truck parks or districts that could include electrical connections, chairs and tables, and space for several units to operate at the same time. The same idea has been a hit in cities such as Seattle and Washington, and might help expand food truck availability to other downtown streets that need rejuvenation, like Portage Avenue. Or how about in food deserts in the West End or North End? Or even those sad industrial parks out in the suburbs? There's no question the food truck movement has brought more life and better food to our city's streets. The challenge for the WFTA going forward will be to work with the city to make the small changes needed to grow, without letting bureaucrats get all up in their kitchen.

LOOKS PEATY FUN



METRO AUGMENTED REALITY



In this issue, you can find AR enhancements on page 8 in Scene and page 14 in Sports.

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MetroTube

If this ain't puppy love, it doesn't exist



ANDREW FIFIELD
andrew.fifield@metronews.ca

Aside from rare talents such as Grumpy Cat or Maru, most of our pets don't really contribute much to the household aside from good looks, amusing antics and maximum love.

But that's cool, pets. We know the arrangement. You can't all be Grumpy Cat.

But you can be more like Casey the Schnauzer here, who loses her damned mind when owner Rebecca Ehalt returns home after a two-year absence. Actually, she sort of loses her body, as well. (Rebecca Ehalt/YouTube)



METRO PHOTO ILLUSTRATION

Stephen McDonagh takes part in the Irish Bog Snorkelling championship at Peatlands Park Sunday in Dungannon, Northern Ireland. The annual event sees male and female competitors swim the 60-metre length of the bog watched by scores of spectators and takes place on International Bog Day.

ALL PHOTOS CHARLES MCQUILLAN/GETTY IMAGES

Get bogged down in the facts

In bog snorkelling, competitors complete two consecutive lengths of a water-filled trench, cut through a peat bog, in the shortest time possible. Competitors must wear snorkels and flippers, and complete the course without using conventional swimming strokes, relying on flipper power alone.

- The activity started in 1976 near Llanwrtyd Wells, Wales, U.K.

- It began as a result of an over-the-bar conversation in a bar between a few regulars.
- The World Bog Snorkelling Championship, first held in 1985, takes place annually every August Bank Holiday at the dense Waen Rhydd peat bog, near Llanwrtyd Wells in mid-Wales.

SOURCE: WIKIPEDIA

For the win

1 min 23.13 seconds

The current world record holder in bog snorkelling, Dineka Maguire, set a time of 1 minute 23.13 seconds, at a speed of 4.75 kilometres an hour.



Analysis

What you missed at Comic-Con

Wonder Woman CONTRIBUTED

1. The big surprise? No surprises.

This was the apparently the year of studios keeping things to themselves. No big casting revelations like Doctor Strange or Captain Marvel, no new comic book movie release dates announced. Marvel, DC and their respective studios showed the fans a good time, sure, but not necessarily their money's worth.

2. Wonder Woman

While it wasn't really a surprise, it was nice of Zack Snyder to unveil the first image of Gal Gadot as Wonder Woman in the upcoming Batman v. Superman: Dawn of Justice. And of course that immediately led to hours of debate online about whether the costume was the best thing ever or the worst thing ever.

3. Bring on Last of Us

OK, here's some big news: One of the most ambitious and most successful video games in recent years, the dystopian Last of Us, is making the jump to the big screen thanks to director Sam Raimi (Spider-Man, Drag Me to Hell).

4. TV takes over

This Comic-Con was pretty lacklustre as far as film was concerned compared to previous years, but the current Golden Age of Television — and legions of fans — made up for it, with packed houses for the likes of Game of Thrones, the Walking Dead and Hannibal. Who needs to go to the multiplex, anyway?

5. The Walking Dead BBQ of questionable taste

As far as promotional events go, inviting fans to a barbecue on a replica set from your hit series is a great idea — except when, like with the new season of The Walking Dead, the setting in question is rumoured to be run by cannibals. It left a bad taste in my mouth. **NED EHRBAR/MWN**

Welcome to the best day party at Comic-Con

Wired Café. Metro sits down with Wired's publisher to learn what happens behind that velvet rope



NED EHRBAR

Metro World News in Hollywood

For six years running, Wired magazine has been giving media and entertainment professionals a respite from the insanity of Comic-Con with the Wired Café, an all-day lounge just removed enough from the Convention Center and packed with food, drink and gadgets galore. And in that time it's become one of the hotter tickets in town. We talked to Wired Publisher Howard Mittman about keeping the Café fresh.

Establishing yourself at Comic-Con

"We really thought long and hard about how to package and position ourselves here and whether or not we felt like we had the permission with our brand to be here and what we can contribute," Mittman says of the early days. "So noticing that everyone else was shouting over themselves at night, creating something of value and importance during the day to court those people who are all getting the exact same invitations after dark was a really nice way for us to stand out."

Giving the people what they want

"For us, the Wired Café has been an oasis in the middle of



Actor Pedro Pascal who plays Oberyn Martell on Game of Thrones, attends the WIRED Café at Comic Con in San Diego last week. GETTY IMAGES

Preview. Video game fans get movie trailer treat

The first trailer for Hitman: Agent 47 was unloaded at Comic-Con. Footage from the video game adaption starring Homeland co-star Rupert Friend as a genetically engineered assassin debuted Friday at the pop-culture convention. Friend wasn't present to show off the trailer because he's shooting the next season of Homeland in South Africa, but his Agent 47 co-stars Hannah Ware and Zachary Quinto were on hand for the San Diego unveiling.

THE ASSOCIATED PRESS



Zachary Quinto. GETTY IMAGES

Comic-Con for what I like to say is the Five Percenters — the five per cent of people here who aren't just fans but are the industry that propagates this, be it Hollywood or bloggers," he says. "I think a part of this experience is bringing just enough of what happens out-

side of our four walls in without allowing too much. I think also the level of exclusivity that it brings — intentionally putting a velvet rope up around it and making it so that it is some place where only those whom we've invited can come in — keeps it special and keeps

Announcement**Comics get TV treatment this year**

Four DC comics brought to life for television took over the San Diego Convention Center's 6,500 seat Hall H at Comic-Con on Saturday night.

Gotham premieres on FOX on Sept. 22, The Flash debuts Oct. 7 on The CW, Arrow returns to The CW on Oct. 8 and Constantine comes to NBC on Oct. 24.

THE ASSOCIATED PRESS

AUGMENTED REALITY

→ It was a dark season on Game of Thrones, but that didn't prevent the cast from flubbing some of their lines. Scan this photo with your Metro News app to see some season 4 bloopers!



→ See the full instructions on Metro's Voices page.

it something that has a bit of a gravitas above the traditional event here."

Establishing a reputation

"What we have seen over the last handful of years is that obviously as it gains in notoriety and gains in exposure and popularity, like anything it becomes easier to push out," Mittman says. "We've seen a huge shift, frankly, in the way that celebrities and more specifically their management teams and P.R. representatives are seeking us out to make sure they are on the list to be here, and that's a really nice change from six years ago when we launched it and we were trying to lure people."

Dealing with imitators

"Look, we didn't invent the party, right? We weren't the first people to throw a party during the day, but I think we were the first brand that has the ability to combine the sort of power and access of Hollywood and entertainment with the thought-leading ..."

Missing out**Marvel's main man misses Comic-Con**

Stan Lee was missing in action at Comic-Con. A spokesman for the 91-year-old co-creator of superheroes such as The Avengers, X-Men and Spider-Man says Lee lost his voice because of laryngitis. The former Marvel Comics editor-in-chief has been a constant presence at San Diego Comic-Con since the convention launched in the 1970s. THE ASSOCIATED PRESS

Less campy gore in Hemlock Grove

Layers peeled back.

Supernatural tropes give way to getting under the skin of series' vampire and werewolf

Netflix series *Hemlock Grove* is shying away in its second season from the campy lore it introduced in its first season but continues to deliver plenty of gore — as shows about werewolves and vampires tend to do.

Chunks of flesh and streams of blood won't surprise audiences familiar with Eli Roth's work — the *Hostel* series filmmaker brought the Brian McGreevy novel of the same name to life as a show last year. The quality of visual effects earned the series an Emmy nod for its first season, including those in the particularly horrific scene in the finale when, in a fit of rage, rich teenaged brat Roman Godfrey (Bill Skarsgård) tears off his

mother Olivia's tongue with his teeth and spits the bloodied flesh out onto the floor beside her.

"I fast-forward through those parts," Famke Janssen, who plays the mysterious matriarch Olivia, said with a laugh during an interview at Toronto's Shangri-La Hotel.

Janssen, known for her roles in *Nip/Tuck* and as Jean Grey in the *X-Men* series, describes her character as not just manipulative, but "diabolical."

"Olivia is very unlike from anyone else I've played," said Janssen. "She's challenging in a way where you're giving emotions to a character where you never truly know whether she's putting them on to achieve something or if she really means it."

The show, shot in Toronto and set in a former Pennsylvania steel town, follows the grisly murders of teenage girls, which leads to an unlikely bromance between Roman and Peter Rumancek, the new kid in town who also happens to be a werewolf,



Bill Skarsgård, left, and Famke Janssen in a scene from *Hemlock Grove*. STEVE WILKIE/NETFLIX/HANDOUT/THE CANADIAN PRESS

played by Canadian Landon Liboiron. The pair teams up to find the creature perpetrating the crimes, a journey that doesn't end well for any of the characters.

The trauma Olivia endures at the end of the first season is both physical and emotional — her teenage daughter Shelley has gone missing after being blamed for the murders,

her close relationship with Roman is severed after she tells him he's a vampire, and his vicious response to this revelation leads to Olivia being hauled away in a body

Now streaming

All 13 episodes of Season 2 of *Hemlock Grove* are now streaming on Netflix.

bag. Her rebirth in Season 2 is in the hands of the mad doctor Johann Pryce (Joel de la Fuente) at the ethically questionable Godfrey Institute for Biomedical Technologies.

After the first season answers the question "What are you?" — which both the audience and Olivia's late husband ask in a flashback — the show takes a turn away from mythology.

This season's plot follows a string of murders made to look like accidents that Peter is determined to solve, trying to enlist Roman's help. Both are also entangled in family struggles — Peter is trying to get his mother Lynda (Lili Taylor) out of prison while Roman deals with his mother's attempts at reconciliation. **THE CANADIAN PRESS**

An advertisement for recycling. It features several black cans and bottles against a background of a man and a woman in a romantic pose. The text "IF IT'S AWESOMELY ENERGIZING" is overlaid on the cans. At the bottom, it says "Enjoy it. Recycle it." and includes the "RECYCLE EVERY WHERE" logo with "CA" and "clubmetro.com".

A promotional poster for the musical "Wicked". It features a woman with green skin and a black hat, looking intensely at another person whose face is partially visible. The title "WICKED" is prominently displayed in large white letters. Below it, it says "THE LOST STORY OF THE WITCHES OF OZ", "AUGUST 20 - 30", and "CENTENNIAL CONCERT HALL". There is a circular button that says "VISIT clubmetro.com TO ENTER". At the bottom, it says "No purchase necessary. Terms and conditions apply. For full contest details and to enter please visit clubmetro.com".



Chris Martin

Gwyneth, Chris Martin still in love

Chris Martin is really terrible at this whole splitting up with your wife thing. The Coldplay frontman caved during a recent interview and talked about his separation from Gwyneth Paltrow, and he couldn't stop himself from being really nice. "The thing we told everyone at the beginning of the year is true. We are very close. We are not together. But we're, you know, that's the truth and that's it. You know, there's a lot of love. No scandal, I'm afraid. I wish I could give you scandal." Me, too, Chris.

The Word

Pink puppy pic ends rumours of Miley's death



STARGAZING
Malene Arpe
scene@metronews.ca

Fans feared that Miley Cyrus had died after she failed to post anything on social media for three whole days. Fortunately, she finally resurfaced and posted a picture of a pink puppy wearing a hat made of feathers, eating a bag of weed while sticking its tongue out at old people.

This week in couples who are probably only in it for the publicity. 1) Ian Somerhalder and Nikki Reed are photographed canoodling at a farmers' market. 2) Sofia Vergara and Joe Manganiello are photographed strolling hand-in-hand. 3) Zac Efron is seen leaving Michelle Rodriguez's house in the morning with an overnight bag and a skateboard. 4) Wait. What did they use

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES



the skateboard for? We may have to re-categorize the relationship as "possibly real."

Brody Jenner says he didn't go to step-sister Kim Kardashian's wedding because he doesn't know Kanye West "at all." As excuses go, it's somewhat better than, "I accidentally got stuck in a lot of rhubarb," but not as good

as, "I was kidnapped by a duo of utterly incompetent female criminals and forced to dance for pennies in an unpopulated area."

Brad Pitt and Angelina Jolie's first film together since Mr. & Mrs. Smith will be called *By The Sea*. It's the tale of a fisherman and his wife who are so hot and into each other that they forget to fish and die of hunger.

Things we don't want to hear any more about. 1) The super-creepy Trivago guy. 2) Sandra Bullock starring in a biopic about Brownie Wise, the creator of the Tupperware party. 3) Adam Levine's wedding. 4) Prince George and that stupid butterfly. 5) How Beatle George Harrison's memorial Los Angeles tree was eaten by ... wait for it ... beetles.



Kristen Stewart ALL PHOTOS GETTY IMAGES

Director finalizes split from wife after Stewart affair

Two years after Rupert Sanders' affair with his Snow White and the Huntsman star, Kristen Stewart, the British director's marriage to model Liberty Ross is over. The pair finalized their divorce last week, citing irreconcilable differences, according to TMZ. Court docu-

ments show that Ross gets the couple's house in Los Angeles, two of their London homes, 15 per cent of any profits from any of Sanders' movies, half of all their liquid assets, \$300,000 a year in spousal support and joint custody of their children, Skyla, 10, and Tennyson, 8.



Charlize Theron

Theron's new gold ring hints at Penn engagement

Charlize Theron fuelled speculation that her whirlwind romance with Sean Penn will soon become legitimate when she stepped out wearing a telltale ring on her ring finger. Theron flashed the sparkling piece

of jewelry while passing through LAX airport recently, and E! News has identified it as an 18-karat yellow gold Anita Ko Leaf Ring that retails for \$4,900.

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Mushrooms are good, chemicals are bad

Susan Sarandon probably has more fun at Burning Man than you do on your average weekend. The star got candid about her feelings on drug use during an interview with the Daily Beast: "I'm not new to the idea of mushrooms," she admits. "I don't really like chemical things, really. Timothy Leary was a friend of mine, so that acid was nice and pure, but I'm not really looking for chemicals, and I don't like to feel speedy. But I've done Ayahuasca and I've done mushrooms and things like that. But I like those drugs in the outdoors — I'm not a city-tripper."



Susan Sarandon

Twitter

@ladygaga

All I want is vintage designer and frenchies. Is there a place I can go for help? A hospital perhaps?



@MarlonWayans

I don't regret ... I just rejoice.



@mindykaling

I should be a detective, I always find out about everything.



Stop spending, start saving

Stash that cash, now.

The sooner you start saving, the easier it is to grow your nest egg



GAIL VAZ-OXLADE
Gail blogs daily at gallvazoxlade.com

Folks always think they're going to have plenty of time to save ... later. There are so many other demands, from student loans still dogging our steps to mortgages recently acquired. It's easy to push savings to the back burner. But when you ask 40- and 50-year-olds what they would have done differently with their money, they say, "I would have started saving earlier."

We love to pay lip service to how important it is to save. And we all know that getting our debt paid off should be a priority. So why do we delay taking steps to making savings and debt repayment happen? Perhaps it's because we haven't made the things we say are important into things urgent enough to do something about.

If you start saving in your early 20s, you need only put away about six per cent of your take-home pay to end up with enough to maintain the lifestyle you enjoyed before you retired. Wait until you're in your 30s to start and you must stash 10 per cent. Procrastinate until you're in your 40s and you'll have to sock away 18 per cent of your after-tax income to have what you'll need.

So would you rather save six per cent of your cash



Tucking away those dollars now will pay off big-time down the road. iSTOCK

flow over your working life or have to come up with 18 per cent just as your kids are heading into university?

Saving doesn't mean ignoring your debt. If you're carrying a balance on your credit card or line of credit, getting it paid off must be a priority. But, as long as you are "not saving," you will find it too easy to continue not saving. Creating an automatic savings program with as little as \$25 a month will put momentum on your side. It also puts time on your side so you won't have to take as much out of your cash flow to have what you need later.

If you let spending get in the way of savings and debt repayment, you'll get to the end wondering where all the money went. Paying down your debt or ramping up your

savings may not be as sexy as a sunny vacation, but the benefits will last longer. And it doesn't take a lot to make a big difference. Add an extra \$100 to your monthly payment on your \$250,000 30-year mortgage at 4.5 per cent and you'll knock almost \$33,000 off your interest costs over the life of your mortgage. You'll also get to mortgage-free four years faster.

People come up with all kinds of excuses for delaying their debt repayment or not setting aside any money for the future. Usually it's because we just don't want to stop doing what we're doing. From the small expenses like that smartphone's data plan, to buying \$5 cups of coffee or dropping the odd \$40 on takeout, we find it far easier to keep doing what we've al-

ways done. In the moment, consumption feels more urgent than the need to save or pay down debt.

Your spending habits are all distractions from savings and debt repayment.

Eliminate a bad habit or three, forgo an indulgence, eliminate a bill or cut an essential cost back and you'll have some money to throw at your debt. Round up, accelerate, prepay and you'll be able to say, "I'm mortgage free" that much sooner.

Choosing to prioritize mortgage repayment or paying off that line of credit over consumption of something new, sparkly or luscious can feel like settling for salad when you're in a gourmet restaurant. But being disciplined enough to put your financial security above your need to

Get serious!

If you're serious about savings and debt repayment, here's what you'll do:

1. Set a goal. Decide how much you want to have saved and by when. Or create a debt repayment plan with an end-date for your debt. Write it down and post it on your fridge, on your office wall and on your bathroom mirror.
2. Go over your spending and decide what you're going to stop spending money on so you have the money to save or pay down the debt.
3. Do it.
4. Track your success and reward yourself for each milestone you hit.

scratch your consumption itch is what being responsible is all about.

The last thing you want to do is head into retirement still owing money. Mortgage pay-down and saving for the future won't be sexy unless we make them sexy.

Calculate what you're saving in both interest and time by getting to mortgage-free faster and post it where you can remind yourself of your goal. Track what you're accumulating in savings as you go and you'll have the satisfaction of knowing you're ready to retire because you can see the results of your hard work.

WANT TO BE SMARTER ABOUT YOUR MONEY? GO TO Mymoneymychoices.com AND FOLLOW THE ROADMAP TO SUCCESS.

Turn it off. Kids learn and play better without TV on

Researchers at the University of Iowa say children's social and emotional development is enhanced in the absence of a television playing in the background while they're doing something else, like playing a game or interacting with friends and family. They also found that educational television increased executive function. As for background TV, they found that it can divert a child's attention from play and learning. The study was published in the Journal of Developmental and Behavioral Pediatrics. AFP



Kids not watching? Turn TV off.
iSTOCK

Weight survey

Heavy kids who see weight as normal a concern

Nearly a third of children in a U.S. Centers for Disease Control and Prevention survey didn't have an accurate idea of their own weight — most of them heavy or obese children who viewed themselves as normal. Experts say the findings are a reason for concern because obese children who settle into an unhealthy physique face diabetes and other health problems later in life. THE ASSOCIATED PRESS

Sexual desire. Do you need a 'responsive' partner?

It's widely considered the spark that ignites romance, but a team of researchers wanted to know exactly what heterosexual singles mean by saying they're seeking a partner who is responsive to their needs because, as results indicate, inconsistencies in expectations can shake things up.

Although men are more likely to become sexually attracted to a responsive woman, the question of responsiveness was less important to female participants during early dating.

"Sexual desire thrives on rising intimacy and being responsive is one of the best ways to instill this elusive sensation over time," says lead researcher Gurit Birnbaum of the team hailing from the Interdisciplinary Center (IDC) Herzliya, the University of Rochester and the University of Illinois at Urbana-Champaign.

"Our findings show that this does not necessarily hold true in an initial encounter, because a responsive potential partner may convey opposite meanings to different people." AFP

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I'm happy to say my job brings me joy

Canadians content with careers. Most employees don't care about titles and promotions as much as bonuses and salary, Capital One survey finds

Most Canadian workers really like their jobs, and they're proud to say so.

According to a new Capital One survey, Canadians are very satisfied employees indeed — so much so that 69 per cent say they are not only proud to work for their current employer but enjoy telling people what they do for a living and would like to stick around for few years.

Recruiters take note, though: nearly three-quarters (72 per cent) of workers say that given the choice, they would stay with their current employer for at least two or three more years, reveals the report released Thursday.

The results refute the belief that Millennials, those aged 18 to 34, lack commitment and



Employees of today value a workplace that makes them feel involved and important. iSTOCK

prefer frequent job-hopping, with two-thirds of younger Canadians saying they would be more than happy to stay put for the next three years, noted Jenny Winter, who heads human resources at Capital One.

"It's interesting and validating," said Winter, whose firm employs a substantial number of young workers.

"With the job market looking increasingly unstable and the high Baby Boomer popu-

lation struggling with job security, Millennials are clearly looking for stability and have a strong desire to stay in their jobs," said Winter.

After being named one of the 50 best large workplaces in

Ditching the desk

- The top three things employers do to make workers consider quitting their job include bad workplace morale at 18 per cent, constantly increasing workload without financial reward at 17 per cent and not feeling appreciated at 13 per cent.

Canada this year by the Great Place to Work Institute, Capital One wanted to get a better sense of what Canadians value in an employer in order to attract and maintain top talent in the competitive financial services sector, Winter explained.

The survey of 1,500 people across the country found that titles are overrated. Only one in 10 people surveyed put a promotion at the top of their wish list, while regular bonuses and annual pay increases were number one with 37 per cent of respondents.

While compensation is a top priority for employees, the

Here to stay

"Millennials are clearly looking for stability and have a strong desire to stay in their jobs."

Jenny Winter
Head of human resources at Capital One

study found that more than half of Canadians (51 per cent) believe work/life balance is more important than money. Forty-four per cent cited flexible working hours and the ability to work remotely as one of the top three things employers can do to increase job satisfaction.

Personal and professional development were also revealed as motivators, with 41 per cent saying they prefer opportunities to take courses and attend conferences related to their professional development to increase job satisfaction.

Twenty-four per cent also said that mentoring from senior staff is most likely to keep them content at work.
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Analysis

What's right for you or what's right in front of you?



LESSONS FROM THE DESERT
Stefan Danis
life@metronews.ca

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10 and the Sahara Race in Egypt in '11. In this post, I share a lesson learned from my experience running deserts.

When facing adversity with fear omnipresent, most of us will invariably choose the option of least resistance. We'll choose whatever's in front of our eyes without questioning what's right for us.

After running the Gobi and the Atacama, I signed up for the Sahara Race



Remember that the right option for you might not be the most obvious.
ISTOCK

along with eight other local executives to raise money for a charity. None had ever run an ultra-marathon before, let alone a multi-day one. Consequently, I was the de-facto "coach." My brief to the group was daunting but simple: Build up to running long distances, but cross-train and stretch in equal measure.

Not unlike my own struggles when I prepared for my first race, they, too, fell into the trap. So worried about having a strong enough running base to complete the Sahara, they focused on doing just that: running. A lot! Despite

knowing it would be best to vary the training and do what was best for their bodies, they kept on running, each time adding the strain of running's repetitive motion which ultimately led to fatigue and injuries.

Most of us just can't help ourselves. When under stress, if the little voice inside us is screaming to stop and think, it may just be time to listen. If not, we perpetuate doing what's right in front of us as opposed to what's right for us.

STÉFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER.

Sun-dried tomatoes add a burst of flavour to boring old burgers



TOTAL TIME
ABOUT 20 MINUTES

This recipe serves four. ROSE REISMAN

Miniature Sun-dried Tomato Burgers with Goat Cheese.
This dish proves that good things come in small packages



ROSE REISMAN
For more, visit
roserisman.com or
follow her on Twitter
@rosereisman

There are endless possibilities for adding zest to your summer grilling when you make your own burgers. Sun-dried tomatoes, for example, give burgers a unique flavour.

I like to buy sun-dried tomatoes in bulk and keep them in the freezer. To rehydrate them, I either soak them in hot water for 15 minutes or cover them with water and microwave on high for one minute.

FLASH FOOD



From your fridge to your table in 30 minutes or less

For a less carb-laden burger, skip the bun. Just make smaller burgers and garnish them with a dollop of goat cheese and chopped sun-dried tomatoes.

Feel free to substitute goat cheese for another cheese. Meat-wise, choose chicken, pork or turkey for the ground beef.

If you're using red meat, the key to keeping it healthy is to use lean ground beef.

Four ounces of lean ground beef has only 190 calories, seven grams of fat and three grams of saturated fat. Compare that to regular ground beef, which has over 300 calories, 20 grams of fat and eight grams of saturated fat for the same portion. That makes a huge difference.

in your daily eating habits!

Directions

1. Burgers: In bowl, combine all burger ingredients. Form into 8 smaller patties. On grill sprayed with cooking spray, cook patties on one side over medium heat for 5 minutes. Turn and cook 3 to 5 minutes longer or until cooked through. (Alternatively, bake in preheated 450 F oven for 10 minutes or until cooked through, turning once.)
2. To make sauce: In a small bowl, mix sauce ingredients.

3. Place a slice of tomato on large serving plate. Place one

Nutritional information

Per serving: 280 calories, 8 carbohydrates, 1.3 g fibre, 28 g protein, 15 g total fat, 6 g saturated fat, 140 mg cholesterol, 450 mg sodium.

burger on tomato and garnish with sauce and top with goat cheese and sun-dried tomatoes. Repeat with the remaining burgers.

Ingredients

Burgers

- 1 lb extra lean ground beef
- 1/4 cup dry seasoned bread crumbs
- 1/4 cup chopped rehydrated sun-dried tomatoes
- 3 tbsp barbecue sauce or ketchup
- 1 egg
- 2 tsp minced garlic
- 1 tsp dried basil
- 1/2 tsp dried oregano

Sauce

- 3 tbsp barbecue sauce
- 2 tsp light mayonnaise

Garnish

- 3 tbsp crumbled goat cheese
- 1/4 cup finely diced sun-dried tomatoes
- 8 slices tomato

buy manitoba monday

Celebrate National Cheesecake Day with Double D's Cheesecake

Did you know that Wednesday, July 30th is National Cheesecake Day? In celebration, Double D's Cheesecake is offering some great in-store specials (available for one day only) to thank their loyal customers and to introduce newcomers to their tasty products. With over 40 unique flavours of cheesecake at their St. Vital shop, plus many other treats to choose from, there's something to please every palate.

In addition to the coupon below, the following specials will be offered on Wednesday, July 30th:

- Buy one get one FREE Cheesecake in a Cone
- \$2 off a 6-pack of Mini Cheesecakes
- \$2 off a 6-pack of Cheesecake Sandwiches
- 20% off drinks, including their new Cheesecake Shakes!

This summer's feature cheesecake flavour is Pina Colada, made with coconut and pineapple. It's only available through August, so don't miss out!

Double D's Cheesecake has been serving up their light and creamy cheesecakes for over 15 years. All of their goodies are made from scratch! The cheesecakes are whipped, not baked, to create their signature texture. Can't decide on just one flavour? Try a Variety Pack, the Mini Cheesecakes, or one of their unique novelties.

For more information, including fundraising opportunities and catering services, visit:
www.double-ds-cheesecake.com



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Furyk can't shake off Clark

Canadian Open.

South African golfer's final-round surge earns him his second PGA Tour win, cool \$1M

When Jim Furyk's charge to a third RBC Canadian Open title stalled in the final round, Tim Clark decided to go for it.

The 38-year-old South African, whose wife is Canadian, fired five birdies on the back nine to overtake Furyk on the 15th hole and hold on to win the tournament at Royal Montreal on Sunday.

Clark shot a 5-under-par 65 to finish at 17-under-par 263 and claim his second career PGA Tour victory and the US \$1.026-million winner's prize.

"It looked like Jim wasn't going to make any mistakes," said Clark, who had moved into contention with a 64 on Saturday. "He was pretty solid, so I knew I had to make birdies."

AUGMENTED REALITY

Scan the image with the Metro News app for a gallery of Sunday's final round of the Canadian Open.



See the full instructions on Metro's Voices page.

"At that point, there was nothing to lose. Suddenly I got hot and I went with it."

It was another frustrating defeat for Furyk, who has now lost seven tournaments in a row in which he led after 54 holes.

He went into the final round with a three-stroke cushion but never found traction. He shot 69 to come second at 16-under 264.

Graham DeLaet was the top Canadian, finishing at 10-under 270. **THE CANADIAN PRESS**



Tim Clark, right, is congratulated by Jim Furyk for winning the Canadian Open golf championship on Sunday in Montreal. PAUL CHIASSON/THE CANADIAN PRESS

Baseball. Winnipeg set to host all-star festivities

Downtown Winnipeg plays host to this year's mid-summer classic as the Winnipeg Goldeyes present the 2014 American Association All-Star Game at Shaw Park. Two days of festivities encompass the celebration, with plenty of fan-driven events on Monday and Tuesday in addition to the main draws on the diamond.

Team North — brimming with six Goldeyes — takes on Team South Tuesday night at 7 p.m.

Slugger Casey Haerther headlines the list, as the first baseman continues his torrid

tear at the dish, leading the AA with a .385 batting average. Shortstop Tyler Kuhn is fourth in AA average at .352, but his reliable glove likely helped secure his spot in the starting lineup.

Wily veteran catcher Luis Alen will backstop Team North, while outfielder Donnie Webb's continued clutch play has him starting in right field. Closer Chris Kissick is the lone Fish pitcher on the roster, while the versatile Ryan Pineda will dress as the North's utility player.

Go to goldeyes.com for more all-star information.

DARRIN BAUMING/FOR METRO

Commonwealth Games

Canada earns pair of bronze medals

Canada picked up a bronze in the pool and another on the cycling track on Sunday at the Commonwealth Games.

Victoria's Hilary Caldwell finished third in the women's 200-metre backstroke, while Quebec City's Remi Pelletier-Roy did the same in the men's 20-kilometre scratch race.

That brings Canada's overall medal haul at the Games to 18 — seven gold, three silver and eight bronze.

THE CANADIAN PRESS

Cycling. 'Flag-bearer of anti-doping' crowned Tour de France champion

Vincenzo Nibali won the Tour de France on Sunday, becoming the first Italian in 16 years to triumph in cycling's greatest race by chiselling a lead over his main rivals a few seconds at a time and dominating them in the mountains.

The 29-year-old Sicilian, who during the race called himself "a flag-bearer of anti-doping", finished in a bunch behind Marcel Kittel, who won the 21st stage in a sprint finish. **THE ASSOCIATED PRESS**



Vincenzo Nibali won the Tour de France on Sunday.

PETER DEJONG/THE ASSOCIATED PRESS

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AUGMENTED REALITY

Stuck on 12 Across?
Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.



→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries

March 21 - April 20

Yes, your life is in a bit of a rut but you're not the sort to sit there and cry about it. Over the next few days you will get the chance to make some major changes, so start thinking now.

♉ Taurus

April 21 - May 21

Today's cosmic activity means you will need to spell everything out in simple language. If you leave even the smallest room for doubt then lines will get crossed.

♊ Gemini

May 22 - June 21

There is no point trying to make sense of what's going on. The more you try to analyze the situation the more complicated it will look, so leave well alone.

♋ Cancer

June 22 - July 23

If you don't make an effort to slow down, you could end up crashing into an obstacle that has no give at all. Even a Cancerian needs to accept that they are not immune to failure.

♌ Leo

July 24 - Aug. 23

Treat people fairly this week, even if they don't deserve it. Just because they have broken the rules does not mean you must do likewise.

♍ Virgo

Aug. 24 - Sept. 23

What you are being offered may seem generous but is it really that good? The planets indicate that you should actually hold out for more.

♎ Libra

Sept. 24 - Oct. 23

If what you are working on refuses to conform to your expectations maybe you should draw a line under it and go back to basics. Also, accept that it doesn't help in any way to set such difficult targets.

♏ Scorpio

Oct. 24 - Nov. 22

Stop worrying what others might think about you. You are who you are for a good cosmic reason. No one has a right to suggest you be something else.

♐ Sagittarius

Nov. 23 - Dec. 21

Don't just go by what others tell you. Get out into the world and experience it for yourself. You may discover that a lot of what you were told was nonsense.

♑ Capricorn

Dec. 22 - Jan. 20

What you hear today may not thrill you, but neither is as bad as some people are trying to make out, so don't overreact. A negative thought can easily become self-fulfilling prophecy.

♒ Aquarius

Jan. 21 - Feb. 19

Yes, you are still heading in the right direction. No, your life does not need a major rethink. Focus on putting one foot in front of the other this week and you'll move closer to your goal.

♓ Pisces

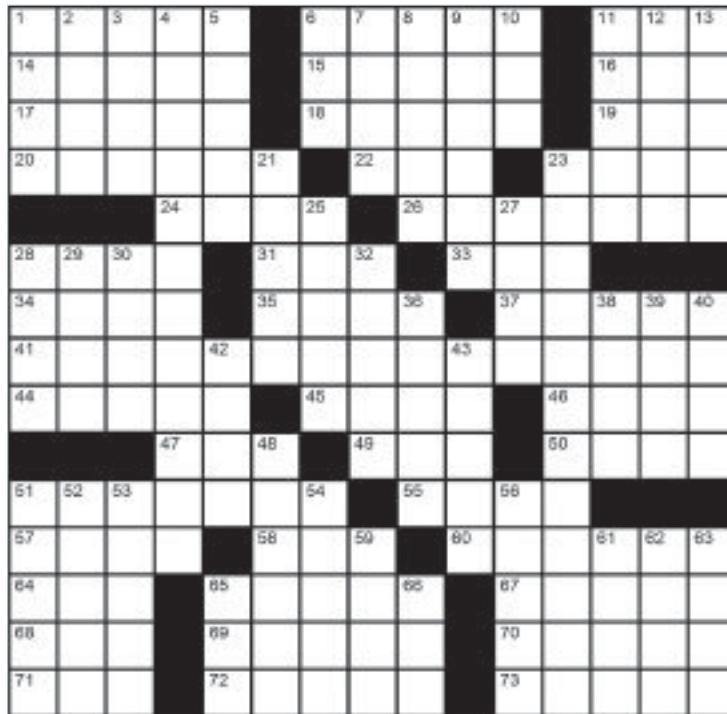
Feb. 20 - March 20

Career issues seem to be taking up a lot of your energy but you know from past experience it will all come right in the end.

Crossword: Canada Across and Down by Kelly Ann Buchanan

Across

1. Capt. Kirk colleague
6. 'Ds' of CDs, variably
11. II
14. React to trying icky-tasting food: 2 wds.
15. Fancy neckwear
16. Dadaist Jean
17. New Orleans-set HBO series
18. "___ Harry" (1971)
19. Blind Melon costume
20. Felt
22. Litigate
23. Rime
24. Keats tributes
26. ___ Bubble Gum
28. Someone from Helsinki's country
31. Central
33. Mr. Neill
34. From the start again
35. Margarine
37. Jared ___ (Ben Chartier's portrayer on Bravo police drama "19-2")
41. QOR: Reserve regiment of Canada, founded 1860 (See #65-Across for more): 3 wds.
44. Flare
45. ___ date
46. Treadmills music video band: 2 wds.
47. Authorize
49. Tibetan ox
50. Actor Stephen's
51. Sparkly stuff



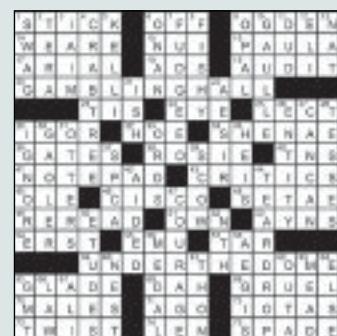
55. "Shoop" by Salt-n-___
57. One-of-some for mascara
58. Picture-taker, briefly
60. Green ___ (Dragonfly found in Canada)
64. Rosemary Clooney's "Come ___"

- My House"
65. Colonel-in-___ (What Prince Charles' wife Camilla is for #41-Across)
67. Writer Charles' bookish surname
68. Lamb's laugh
69. Cringe
70. Debated dispute

71. As written
 72. Like net-work
 73. Pile
- Down**
1. Drill instructors [abbr.]
 2. Canadian actress Jessica
 3. Moulding style
 4. Glasgow, Scotland:

- Team Canada is currently partaking in The ___ Games
5. Weak-___
 6. Sitcom, "Major ___"
 7. Egyptian Myth: Daughter of Geb
 8. Tidy thoroughly
 9. Elias ___, Montreal-born actor

Friday's Crossword



Online

See today's answers at metronews.ca/answers



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku

5	4	3	8	6	2	9	7	1
9	8	2	5	7	1	4	3	6
7	8	1	9	4	3	6	2	5
4	3	9	7	2	8	5	1	6
2	7	6	1	5	4	3	8	9
1	5	8	3	9	6	7	4	2
6	1	5	2	3	7	8	9	4
8	8	7	4	1	6	2	6	3
3	2	4	6	8	9	1	5	7

9	5	8	1	
3				6
5				9
9				6
6				4
2	3	1	4	9
4	6			5
6				3
5				8
9	1	6	2	

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